ABSTRACT

An appetite suppressant and a method for controlling the weight of a person is described. The appetite suppressant is a composition that includes a chromium additive, green tea, and green tea leaf extract containing catechin polyphenols. The method for controlling the weight of a person includes replacing at least one meal per day with a soy meal replacement and taking an appetite suppressant that contains a chromium additive, green tea, and green tea leaf extract. Also described is a weight control kit that includes a soy meal replacement and an appetite suppressant that contains a chromium additive, green tea, and green tea leaf extract.